

**SUNN SPRING INTRASQUAD MEET  
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET  
APRIL 11, 2025  
SUNN Swimming Members Only**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **25-053**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**NOTICE:** By entering this meet, the Athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Carol Wain	<b>Head Starter:</b> Lucille Glassman
<b>Meet Marshal:</b> Yannick Guillerm	<b>Admin Official:</b> Ryan Gallagher
<b>Meet Director:</b> Andrey Stepantsov ( <a href="mailto:meet.director@sunn.org">meet.director@sunn.org</a> )	

**LOCATION:** Sunnyvale Middle School Pool, 1080 Mango Avenue, Sunnyvale, CA 94087

**DIRECTIONS:** From Highway 280, exit N. De Anza Blvd. (Sunnyvale-Saratoga Ave.), travel north on Sunnyvale-Saratoga Ave until it reaches Remington Dr and turn left to the W Remington Dr and follow it until it reaches Mango Ave. Turn right and the school will be on your right. The pool is between the school's main entrance and the baseball field.

**COURSE:** Outdoor 25 yard pool with up to 6 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10'0" at the start end and 3'5" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4). There will be no warm-up warm down lane during the competition events. A couple of 10 minute breaks may be added for a cool down and warm up period, requested by the coaches. The Meet Host shall ensure the required course dimensions.

**TIME:** Meet will begin at 5:00 PM on Friday with warm-ups from 4:00 PM – 4:50 PM.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.

- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in a **MAXIMUM** of 3 Individual Events
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the estimated timeline reaches four hours, and/or until the number of entries reaches the maximum facility capacity as determined by facility and local health restrictions.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- **First Aid and AED available on site.**

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a High School Athlete in season, you need to be Unattached from this meet. It is the Athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to Athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED ATHLETES:** Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Coach-Member of the Athlete's USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete's legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete's USA Swimming Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the Athlete or the Athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by Athletes, during the meet and during warm-up periods.
- No pets and/or animals are allowed with the exception of working (and documented) certified service animals, and they must check in with the meet director.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck Changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, Athlete/Coach areas, Spectator areas and open ceiling locker rooms) any time Athletes, Coaches, Officials and/or Spectators are present.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.
- Meet is open only to qualified athletes registered with **SUNN Swimming**. Athletes who are unattached but participating with **SUNN Swimming** are eligible to compete.
- Entries with **"NO TIME"** will be accepted.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.

- Athletes 19 years of age and over may compete in the meet for time only, no awards.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$15.00 Flat Fee

**ONLINE ENTRIES:** Entries will be accepted only via the Event Page on the SUNN Team Website. Entries will be accepted through Sunday, April 6, 2025.

**Check-In:** The meet will be pre-seeded

**SCRATCHES:** Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

**AWARDS:** Ribbons will be awarded for this meet.

**ADMISSION:** Free.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

## EVENT SUMMARY

FRIDAY, APRIL 11		
8 & UN	12 - UN	11 - UP
25 Free	50 Free	200 Free
25 Fly	50 Fly	100 Fly
25 Back	50 Back	100 Back
25 Breast	50 Breast	100 Breast

## ORDER OF EVENTS

FRIDAY, APRIL 11		
GIRLS #	EVENT	BOYS #
1	8 & UN 25 FREE	2
3	12 - UN 50 FREE	4
5	11- UP 200 FREE	6
7	8 & UN 25 FLY	8
9	12 - UN 50 FLY	10
11	11 - UP 100 FLY	12
13	8 & UN 25 BACKSTROKE	14
15	12 - UN 50 BACKSTROKE	16
17	11 - UP 100 BACKSTROKE	18
19	8 & UN 25 BREASTSTROKE	20
21	12 - UN 50 BREASTSTROKE	22
23	11 - UP 100 BREASTSTROKE	24

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>